**Table S1.** Food parameters included in our study for the calculation of dietary inflammatory index (DII).

|  |  |  |  |
| --- | --- | --- | --- |
| Food parameter | Overall inflammatory effect score | Overall inflammatory effect score | Standard Deviation (SD) |
| Energy (kcal) | 0.180 | 2056 | 338 |
| Alcohol (g) | -0.278 | 13.98 | 3.72 |
| Protein (g) | 0.021 | 79.4 | 13.9 |
| Fiber (g) | -0.663 | 18.8 | 4.9 |
| Total fat (g) | 0.298 | 71.4 | 19.4 |
| Carbohydrates (g) | 0.097 | 272.2 | 40.0 |
| Cholesterol (mg) | 0.110 | 279.4 | 51.2 |
| n-3 Fatty acids (g) | -0.436 | 1.06 | 1.06 |
| n-6 Fatty acids (g) | -0.159 | 10.80 | 7.50 |
| Saturated fat (g) | 0.373 | 28.6 | 8.0 |
| MUFA (g) | -0.009 | 27.0 | 6.1 |
| PUFA (g) | -0.337 | 13.88 | 3.76 |
| Magnesium (mg) | -0.484 | 310.1 | 139.4 |
| Niacin (mg) | -0.246 | 25.90 | 11.77 |
| Zinc (mg) | -0.313 | 9.84 | 2.19 |
| Fe (mg) | 0.032 | 13.35 | 3.71 |
| Riboflavin (mg) | -0.068 | 1.70 | 0.79 |
| Folic acid (μg) | -0.190 | 273.0 | 70.7 |
| Beta-carotene (μg) | -0.584 | 3718 | 1720 |
| Caffeine (g) | -0.110 | 8.05 | 6.67 |
| Selenium (μg) | -0.191 | 67.0 | 25.1 |
| Thiamine (mg) | -0.098 | 1.70 | 0.66 |
| Vitamins A (RE) | -0.401 | 983.9 | 518.6 |
| Vitamins B6 (mg) | -0.365 | 1.47 | 0.74 |
| Vitamins B12 (μg) | 0.106 | 5.15 | 2.70 |
| Vitamins C (mg) | -0.424 | 118.2 | 43.46 |
| Vitamins D (μg) | -0·446 | 6·26 | 2·21 |
| Vitamins E (mg) | -0.419 | 8.73 | 1.49 |